

JULY 2025

A free copy for you

Parish News

Levens, Heversham, Milnthorpe





MEN'S BREAKFAST

8.30 am

**Saturday 12th July
(second Saturday)**

**St Thomas' Community Rooms
Milnthorpe**

**Coffee @ St T's
Community Rooms
Milnthorpe**

Every Friday 10 -11.30 am

**free WiFi &
contactless payment available**

**Meet & Eat 12-2pm
at Levens Methodist Hall**

Friday 25th July

**Ham or Cheese savoury
Salad Potatoes and coleslaw**

Peach Melba or Trifle

Tea/Coffee £5

**Please add your name to the list
at Coffee Shop**

**or phone Susan Beckwith
0779 6561810**

**Everyone Welcome
Children under school age free**



Village Coffee Time

Third Tuesdays

Tuesday 15th July

10 - 11.30 am

at the Old School, Heversham

***Everyone Welcome ***

All Ages

Simply coffee & biscuits & chat

No charge, just a donation

A warm welcome - Do call in !



COFFEE SHOP

at Levens Methodist Church

Mon, Wed, Fri 2 - 4 pm

Everyone Welcome

Mondays

**Would you like a coffee & a
chat? please join us. also domi-
noes, cards, Rummikub or do a
jigsaw. Also bring your knitting,
sewing or craft project and
have a natter.**

Wednesdays & Fridays

Coffee and Biscuits



Companionship Cafes

Are you feeling lonely or isolated? Or do you know someone who could use some friendly company? Come together with others in a warm, welcoming space for a chat and connection over a free hot drink and a delicious scone with jam and cream.

St Thomas' Church

Milnthorpe

1.30-3pm

Next dates:

27th August

15th October

26th November



Levens Quilters Exhibition

5-6 July 2025

10am - 4pm

Endmoor Village Hall, LA8 0HQ

Cash
entry
£3.50

Stalls
Raffle
Tea & coffee
Cash only



levens.org.uk/levens-quilters | 07862 455940



**For more info or to book lunches please
phone our admin team on 01539 728118**

**Gentle Exercise
Classes – Milnthorpe**

Every Tuesday 10.30 - 11.30 am
Catholic Church Hall
Haverflatts Lane, Milnthorpe LA7 7PS

**Gentle Exercise
Classes – Levens**

Every Wednesday 10.30 - 11.30 am
Levens Methodist Church
Lowgate, Levens LA8 8NL

Levens Lunch Club
The Gilpin Bridge, Levens
LA8 8EP

Fourth Tuesday of the month
12.00 pm

Beetham Lunch Club
The Wheatsheaf at Beetham
Milnthorpe LA7 7AL

Third Thursday of the month
meet at 12.15 for 12.30 pm

www.dignityindementia.org

For more info contact
Diane Smillie on 07771 682378
Lesley Gill on 07816 895021



JULY:

Social Table Tennis – 10.30am-noon Weds 9th & 23rd July
at Arnside Educational Institute, Church Hill, Arnside,

Enjoyable Dementia friendly walks - 10.30am start

Wednesday 2nd July – Cartmel Racecourse LA11 6QF

Wednesday 16th July - Arnside Knott from the National Trust car park, LA5 0BP

Wednesday 30th July – Canal walk starting opposite The Crooklands Hotel LA7 7NW

Zoom Poetry Group – 1.30 – 2.30pm Thursdays 10th & 24th July

The group choose the theme and Dignity in Dementia search out poems which are emailed to group members. We then read them together.

Silverdale Songsters - Dementia Embracing Community Singing Group

Coffee on arrival and singing popular well known songs .

Fridays 10.30 – 11.30 am at St John's Church Hall, Silverdale LA5 0RF

Community Come Dancing – 2pm -3pm Tuesday 1st July

A fun and relaxed intergenerational community dance session with local school children. Arnside WI Village Hall, Orchard Road, Arnside, LA5 0DP

Monthly Tai Chi - 1pm – 2pm Tuesday 15th July

Join us for our new activity and improve your strength and balance

Levens Methodist Church Hall, Lowgate, Levens, LA8 8NG



Crown Green Bowling – 2pm Tuesday 22nd July

Come and have a go! Silverdale Bowls club, Cove Road, Silverdale LA5 0RR

Swimming - 11am-12 noon Thursday 17th July Booking essential limited numbers

A lovely relaxed swim and aqua aerobics in a privately hired pool.

Holgate Caravan Park, Middlebarrow Plain, Cove Rd, Silverdale, LA5 0SH

Woodland Fun – 11am – 12 noon

Monday 14th July A different nature themed activity each time -Silverhelm Scout Centre, The Row, Silverdale, LA5 0UG

Monday 28th July – please note this will be at a different location (TBC) Contact us for further details

**MILNTHORPE & DISTRICT ALLOTMENT ASSOCIATION
ANNUAL 82nd HORTICULTURAL & CRAFT SHOW
St Thomas' Church, Milnthorpe LA7 7QA
Saturday 6th September 2025 from 1 pm**

Admission by donation

Refreshments & Raffle

Cups and Medals presented at 3 pm

Auction of Produce after show



South Lakes

"I have just discovered that my brother has got into debt and is having to use a food bank because he has no money left after his monthly payments. He told me it's because he bought some furniture on a 'Buy now, pay later' deal which he thought was really good, but he didn't realise how high the interest payments were going to be when they kicked in. How can I help him?"

Suggest to your brother that he looks on the Citizens Advice website, or contacts his local Citizens Advice, for help on dealing with debt. He is not alone in being caught out by BNPL (Buy now, pay later) deals – over 10 million people use them but they are totally unregulated. The government itself calls it a "Wild West" situation.

Citizens Advice has been campaigning for the past few years for BNPL products to be brought into regulation, and new legislation has now been announced. From next year, BNPL firms will need to follow consistent standards — so shoppers will know exactly what they're signing up to, whether they can afford it, and how to get help when things go wrong.

That means upfront checks to make sure people can repay what they borrow, fairer and faster access to refunds, and the right to complain to the Financial Ombudsman — bringing BNPL in line with other credit products.

In the meantime, encourage your brother to get help, because debt can be managed once you know how to tackle it.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. How to access:

Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday

Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP

10am – 1pm, Tuesday and Thursday

Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)

email advice via the submission page on our website

www.southlakescab.org.uk



**Westmorland
& Furness
Council**

20

Your community is calling for a **20mph speed limit**

Have your say

Your Parish Council has provisionally secured funding through Westmorland and Furness Council to reduce the speed limit in your area to 20mph, to promote safer roads, reduce vehicle noise and enhance the environment for more walking and cycling.

Speed limits will only be reduced to 20mph if your wider community supports the scheme.

Have your say on the proposal by completing the Council's consultation before Friday 18 July:

- Online at www.westmorlandandfurness.gov.uk/20mph
- At Grange, Kendal, Milnthorpe and Ulverston Libraries
- In select public buildings within your community

You can also share your views with the Westmorland and Furness 20mph team from 2pm to 5:30pm at:

- Penrith Library on Tuesday 24th June
- Barrow Library on Wednesday 25th June
- Kendal Town Hall on Tuesday 8th July

To view the proposals and find out more, visit
www.westmorlandandfurness.gov.uk/20mph.



**Scan here for
more information**



Mothers Union
Milnthorpe with Heversham
meetings are open to all
please come along

130 Year Anniversary
Service with collection for
MU projects Worldwide
at St Peter's Church,
Heversham
Wednesday 2nd July at 2pm
followed by Jacob's Join Tea
Come and Join Us
All are Welcome



Carlisle Diocese Mothers' Union
are delighted to announce a visit
from The Worldwide President,
Kathleen Snow.

All are invited to a Service
on Sunday July 9th at 3pm
at St Andrew's Church,
Greystoke. CA11 0TL
to meet her and members from
across the diocese, and to hear
about the work and vision of the
Mothers' Union.



All Welcome



Saturday 5th July 7 pm

Community Rooms
at St Thomas'

All welcome for
this brain teaser.

Form a team with friends
(max 4 per team)

Bring Your Snacks

£10 per team in aid of
St Thomas Building Fund



theWI
INSPIRING WOMEN

HEVERSHAM WI

Next meeting: Wednesday July 9th
Speaker: Claire Feenan Johnson
Topic: 'Springfield Women's Refuge'
Venue: The Athenaeum, Leasgill
Time: 7.30pm
Competition: 'Women's Rights'

Visitors are most welcome.
There is a small charge of £3 per visit
with 3 visits being possible without a
commitment to join.

For further information, please contact
Maggie Hart on
Email: hevershamw.i.24@gmail.com

Levens **BIG...** Weekend

Saturday 5th July *at Levens Playing Field*

Vintage Tea Party

10am - 12 noon

Tickets available on the day & at Levens Village Shop

Levens Marquee Dance...

Live Music from... **Shelly's Bane**

From 7pm

Tickets available from Levens Village Shop

Saturday 5th & Sunday 6th July

Levens Art Trail

10.30am - 4pm

*Trail Maps available from Levens Village Shop now
& during the weekend from Levens Methodist Church*

HOLME MEADOW FEST

GET YOUR TICKETS NOW

Live music
Kids Sports
Craft & Food Stalls
Bouncy Castle
Kites
Bar

Plus Live Music From:

- Kev Kendal
- Moonshine Shakers



Moss Lane, Holme
LA61RH

ALL MONIES TO HOLME COMMUNITY

26th

JULY

Party in the Pasture 2025

AKA The Belter in't Barn

Saturday 19 July 2025

Follow the
herd!

This
year's
theme is
"NEON NIGHTS!"

In aid of Village Funds

Join us under cover at the Barn, Bradley Farm, Hincaster,

Headliners: "Bulletz" plus support

Wild Campers Welcome, field open from 3pm.

Activities from 6.30pm

Bring your own picnic (sorry no BBQ's), drinks & seating.

"Three Little Pigs" gourmet catering truck on site.

Raffle, Chicken Poop Bingo & games so bring some cash!

Live Moosic 'til midnight

Adults & over 14's £10, accompanied under 14's free

Ticket Hotline 07707894605 Limited tickets.

Advance sales only!

Age UK South Cumbria

in partnership with
the **Live Longer Better in Cumbria**
programme announce
the first **Walking Cricket** sessions in
Cumbria !

A slower version of the game, designed
so that anyone can take part.

STARTS : Monday 7th July
2 - 3.30pm
Dallam Sports Hall Heversham
LA7 7EH

(suggested donation £3).
Come along and give it a try



Do you have experience of the game
and happy to share your knowledge?
We are also looking for passionate
individuals to volunteer to help run the
group and keep it going throughout the
year.

Call 01539 728 118 or email
admin@ageuksouthcumbria.org.uk
to book your place or register your
interest in becoming a volunteer for this
exciting new venture

Churchyard at St Peter's Heversham Working Party

After a break in
activities since
the spring due
to other
commitments,

St Peter's Churchyard Working
Party will meet again

on Saturday 12th July
from 9.30am - noon.



As ever, don't worry if you can't
easily fit into the these times, come
later or leave earlier as it suits you.
You will be warmly welcomed to
make whatever contribution you
can. Whilst we notionally meet at the
main churchyard gate, the lych gate,
and move on from there, it may be
that nobody is immediately visible
when you arrive and a quick walk
round will enable you to find other
volunteers.

If you can, please bring a pair of
garden loppers, a pair of work
gloves and be ready to join a
sociable group making a difference
to the churchyard. I look forward to
seeing you, *Richard Simpson*



the HERON theatre
www.theherontheatre.com
Box Office & Room Hire
015395 64283



See website for films in July



**Come and celebrate
150 years of
Arnside Methodist Church
Friday 4th - Sunday 6th July**

4th July | 7pm

Praise & Prayer

Led by Kirkby Lonsdale Worship Band

5th July | 10am-4pm

Open Church

*With an exhibition of the
church's history*

Refreshments available all day

6th July | 10:30am

Village Worship



TUESDAY CLUB LEVENS VILLAGE HALL

8th July 2pm

Life of Bees in the Beehive

by

David Walmsley

RAFFLE

Tea/coffee and cakes

Members free Visitors welcome £2



**Milnthorpe Food bank
urgently needs more food.
Please donate food if you can.**

www.milnthorpefoodbank.org

Collection boxes in Spar
and Churches in
Milnthorpe and Heversham

There is a constant need of food & household
items so please
donate if you can, thank you

The Food Box in St John's Church Levens is
open at most hours: for
King's Food Bank, Kendal.
a check list of items most wanted currently
appears on their website -
<https://kingsfoodbank.org.uk/>
All contributions are greatly valued

The Food Box in
Levens Methodist Church is open
when church building is open

Heversham Bowling Club

2025 season

is now under way.

If you'd like to come and have
a go at the game of crown
bowls just pop along to any of
our **club afternoons on**
either a Wednesday or
Sunday afternoon at 2pm.

The club is located just below
the Athenaeum, Leasgill.

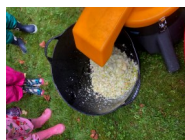
All equipment provided, just
wear flat soled, closed toed
footwear.

Everyone welcome

More information from
Club Secretary
Tom Grindey: 07385 999387



Apple Pressing
Friday 19th and Saturday 20th
September - full details next issue



&

The Village Cake Bake is back!
Sunday 26th October.
Athenaeum, Leasgill

Milnthorpe Senior Citizen's
Annual Tea Party
to be held at
Milnthorpe Cricket Club on
Wednesday 23rd July
4.30 pm

If you are 65 years of age and
your partner is younger you can
both still attend.

Numbers are limited so please
return your RSVP to your
delivered invitation to one of the
committee members
or telephone.

Closing date for RSVPs
is 16th July 2025.

Sheila Ashburner
44 Firs Road
Tel: 015395 62727

Helen Wilson
27 Park Road
Tel: 015395 63015

Parish News Distributors'
Annual Gathering
with Tea and Scones will be
on Thursday 24th July at St Thomas'
Community Rooms, Milnthorpe

If your invitation is not with your bundle please phone Jane on 015395 64582
(phone code as well) or email parishnews@eversham.org

*Thank you to everyone who volunteers to deliver your Parish News to
you in all weathers ten times a year - more than 60 people are involved
in the distribution to more than 2,250 properties!*

STORY TIME

With Bryan

in the new St Thomas' Community Rooms

first & third Tuesdays

First & Third Tuesdays
3.15 - 4.15pm



Kids!
Come and listen to a story...

Mums, Dads, Grannies and Carers ... come and enjoy a cuppa and a biscuit while the kids have fun!

Be great to see you!

HYMNS *for a* SUMMER EVENING



Accompanied by
South Lakeland Brass Band

Sunday 13th July, 6.30pm
on Milnthorpe Green
(or in the Church if wet)

Everyone welcome
We would love to see you

Bring a chair!



Praise & Prayer

The Old School, Heversham
Sunday 20th July 6 pm

All very welcome



REST & RESET

Christian meditation
A moment to press pause !!

St James Church Arnside

6:15 - 7:00PM

JUN	SEPT	NOV
TUES 3 RD	TUES 2 ND	TUES 4 TH

Contact revhannahwallace@gmail.com 01524 449 055



REST & RESTORE

A time of prayer for healing & wholeness

St James Church Arnside

6:15 - 7:00PM

MAY	JUL	OCT	DEC
TUES 6 TH	TUES 1 ST	TUES 7 TH	TUES 2 ND




Dear Friends,

As we go to print, we see daily reports in the news of the escalation of violence between Israel and Iran. While we are appalled and distressed at such conflict, it can be difficult to know how exactly we should respond, beyond prayer and despair.

One of the Anglican leaders worldwide to respond was Dr. Laurent Mbanda, the Primate of Rwanda. He brings some godly insight from the wider perspective.

“We are grieved by the escalating violence between Israel and Iran.

With heavy hearts, we watch as this conflict brings death, destruction, and unspeakable suffering to the innocent.

Each of those killed or wounded—Israeli, Iranian, or others caught in this conflict—are made in the image of God. Reports of civilian casualties, including children, drive us to our knees in lament and prayer.

I ask you to join me in prayer.

Pray for this conflict to cease. Pray for the protection of the innocent. Pray for the wounded and for the bereaved. And pray that the Lord will raise up peacemakers in our time.

For, our Lord Jesus says in the Sermon on the Mount, “blessed are the peacemakers, for they will be called children of God” (Matthew 5:9). We must all be voices for peace in a world that too often chooses the way of violence.

As we pray for Israel and Iran, let us also remember the long-suffering people of Sudan, Eastern Congo, Ukraine, and all others who are suffering in this moment.

Even now, we do not lose hope.

For, Jesus Christ was born into a world torn by conflict. Through the cross, he reconciled not only humanity to God but enemies to one another: “For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility” (Ephesians 2:14).

In this season of Pentecost, may the Holy Spirit rekindle in us the ministry of reconciliation and prayer—for the sake of a world in need.”

Revd Bryan Kerr,

Priest-in-Charge of St Thomas', St Peter's, St John's Churches



Christ the King RC Church
Haverflatts Lane Milnthorpe

Sunday Mass celebrated at 11am

Friday Mass celebrated at 10 am

Find on YouTube channel
and Facebook Group by searching:

Kent Estuary Catholic Churches

Fr Hugh Pollock 01539 720063

kendalcatholicchurch@gmail.com



Kendal Methodist Circuit

RevdTiras Dainty-Share 01524 963716

Email: tiras.ds@methodist.org.uk

Levens Methodist Church

- 6th** at Arnside Methodist Church
Section Service to celebrate their
150th Anniversary 10.30 am
Led by Rev'd Richard Teal
- 13th** United Service at St John's 10.30
- 20th** Worship & General Church
Meeting Rev. Tiras Dainty-Share
- 27th** 4.00pm - Reflective Worship led
by Rev'd Tiras Dainty - Share

To view the Parish News online:

**[stthomasmilnthorpe.org.uk/
publications/](http://stthomasmilnthorpe.org.uk/publications/)**

Next issue - print & online

Please email info by 10th JULY

**for AUGUST/SEPTEMBER
Combined issue**

**Whilst the Church is most grateful for the
support of magazine advertisers no automatic
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To the best knowledge of the Editorial Team
all info is correct at time of going to press
22.05.25

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If unsure phone 01539564582 or
email parishnews@heversham.org

**Faith
@ Four**

A time of reflective
worship with prayer,
Scripture, music &
space to recharge.

Levens Methodist Church
Every Fourth Sunday
@ 4pm **27th July**

Levens Methodist Church

now registered for the solemnization
of marriages between a man & a
woman and for the solemnization of
marriages of same sex couples.
Please contact 01524 963716
tiras.ds@methodist.org.uk
The Revd Tiras Dainty-Share

JULY Sunday Morning Services at Parish Churches

8.00 am Holy Communion (BCP)

St Thomas' Milnthorpe 6th & 20th July

St Peter's Heversham 13th & 27th July

9.30 am St Peter's Heversham

6th Parish Communion

13th Morning Praise

20th Parish Communion

27th Morning Praise

9.45 am St John's Levens

6th Parish Communion

13th Morning Praise 10.30 am
at St John's with
Levens Methodist Church

20th Parish Communion

27th Holy Baptism

11.15 am St Thomas' Milnthorpe

6th Morning Praise

13th Parish Communion

20th Morning Praise

27th Parish Communion

Monthly Afternoon Holy Communion

St Thomas Thursday 17th July 2.00pm



Tuesday 29th July at 2.30pm
(last Tuesday in the month)
at St John's Church Levens

CHILDREN'S SUNDAY SCHOOL



There will be quiet activities for
children in the children's corner
in church as there is no
Sunday School in July



St Thomas',

Thank you

Gwynneth Leinweber would like to
thank everyone for their cards,
messages and prayers
following the loss of David.



What's the latest?



www.stthomasmilnthorpe.org.uk
&

www.stpetersheversham.org

If you would like an email of the weekly notices please click on 'contact us'

www.levens.org.uk has local info and NEWS and a link to the same archive of Parish News <https://www.levens.org.uk/st-johns-church>

@NEWparishnews

Facebook page. Items posted are forwarded to Milnthorpe What's Going On page too.

Milnthorpe What's Going On

page on Facebook to catch up with what is going on !

And **KEY** weekly Youth Activities post on this page

www.heversham.org has local info and an archive of over 20 years of Parish News in A4 pdf version.

Nextdoor.co.uk

Local info, tips and ideas



To sign up to the weekly emailed notices for Parish Churches in **Heversham** and **Milnthorpe** please email 'contact us' via the websites.

For regular email updates for St John's Church **Levens** please email:
jill.butterworth54@btinternet.com

For a pastoral phone call
for yourself or for
someone you know call:

Heversham & Milnthorpe:

Email via church websites
'contact us'

or phone

Linda Cooper 07794 599212

Levens:

Linda Cooper 07794 599212



Levens Good Neighbours - You may find it good to know that the support offered by Levens Good Neighbours includes matching with someone to **offer friendship**.

If you call 07908 004672 any day between 8am and 8pm, this support can be arranged with you



Can Levens Good Neighbours within Levens Parish help with:

A friendly phone call Picking up shopping or library books or prescription Posting mail, Simple handyperson job, Dog Walk, Transport to a local appointment

07908 004672 8am-8pm any day

Volunteers are covered by insurance & policies relating to safeguarding and good practice.

Samaritans'

Free helpline number is **116 123**. Calls to this number do not appear on phone bills. This number is free to call from both landlines & mobiles, including pay-as-you-go mobiles. You don't need to have any credit or call allowance plan to call 116 123.

Available round the clock,
every single day
www.samaritans.org

Parish News, part of the church in community

is run by 3 Parish Churches

of St Peter's Heversham, St John's Levens & St Thomas' Milnthorpe also including services details for the local Methodist and Catholic churches

Volunteer Ed Team:

Jane Cushnie, Jill Butterworth, John Thorley, Margaret Barrow, Wendy Dodds

Distribution Team of more than 60 volunteers **deliver 2,500 copies** across the three parishes 10 times a year in all weathers! - thanks everyone!



parishnews@heversham.org Mrs Jane Cushnie Tel: **015395 64582**
Phone code as well even if phoning from a local number

Levens News: jill.butterworth54@btinternet.com Mrs Jill Butterworth Tel: **61676**

Priest-in-charge of Levens, Heversham & Milnthorpe

The Reverend Bryan Kerr Email: rev@lhmparishes.co.uk **Tel 015395 61448**

Churchwardens

Levens: St John's

Mr Hal Bagot 60588

Mrs Jill Butterworth
61676

Heversham: St Peter's

Mrs Jane Fell 63174

Milnthorpe: St Thomas'

Dr Val Robson 62904

Mr John Ricketts
01524 761076

PCC Secretaries

Mrs Julie Marsh
015395 83183

Mr Peter Clarke
01539565845

Frances Taylor
015395 63537
frances30taylor@gmail.com

www.kentestuarymissioncommunity.com

for information from churches in our Kent Estuary

Room Hire in Milnthorpe:, Heversham, Levens

Milnthorpe St Thomas' Community Rooms www.stthomasmilnthorpe.org.uk

Milnthorpe Christ the King RC Church kendalcatholicchurch@gmail.com

Leasgill Athenaeum www.the-athenaeum.org.uk Jean Metcalfe. 07368 800922

Heversham Tristrams Pavilion / Playing Fields, Email: sports@dallamschool.co.uk

Heversham Bowling Clubhouse Vera Alderson 01539 897160

Levens Village Hall Helen & Alan Miller 015395 60334

Levens Methodist Hall Jane Jones 07875 163418

Levens Pavilion Alice 07817 200053

FISHWICKS

FUNERAL SERVICE

Beetham Hall Beetham

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www.fishwicksfunerals.co.uk



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email: kathryncalvert@humanistceremonies.org.uk

Kathryn Calvert



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